

when properly worn to support the person's lips spaced apart so that air flows through the airway opening; and

5 a substantially rigid, removable protective mold of a thermostable material, said protective mold complementary to said mouthpiece body and separably engaged therewith so that the mold protects at least lower and lateral peripheries of the mouthpiece body.

2. The mouthpiece of Claim 1, wherein said mouthpiece body has a lower surface and an upper surface spaced apart therefrom at an angle which
10 increases from the posterior end to the anterior end of said body.

3. The mouthpiece of Claim 1, further comprising a plurality of mouthpieces disposed in a container suitable for sale to the public as a kit.

15 4. A mouthpiece for use by a person during sleep to aid in reducing snoring, said mouthpiece comprising:

a mouthpiece body of a thermoplastic material having a shape generally complementary to the person's dental arch, including a posterior end having two spaced apart members positioned toward the
20 back of the person's dental arch when properly worn, and an anterior end, the anterior end positioned when properly worn to support the person's lips spaced apart so that air flows through the airway opening;

an airway comprising a hollow member projecting outwardly from said anterior end, said hollow member having an airway opening
25 therethrough; and

a substantially rigid, removable protective mold of a thermostable material, said protective mold complementary to said mouthpiece body and separably engaged therewith so that the mold protects at least lower and lateral peripheries of the mouthpiece body.

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5. The mouthpiece of Claim 1, wherein said mouthpiece body has a lower surface and an upper surface spaced apart therefrom at an angle which increases from the posterior end to the anterior end of said body.
- 5 6. The mouthpiece of Claim 1, further comprising a plurality of mouthpieces disposed in a container suitable for sale to the public as a kit.
7. A method of reducing snoring during sleep, the method comprising:
- 10 heating a mouthpiece body of a thermoplastic material having a shape generally complementary to the person's dental arch, including a posterior end having two spaced apart members positioned toward the back of the person's dental arch when properly worn, and an anterior end having an opening therethrough, the anterior end positioned when properly worn to support the person's lips spaced apart so that air flows
- 15 through the opening, and having a substantially rigid, removable protective mold of a thermostable material, said mold complementary to said mouthpiece body and separably engaged therewith so that the mold protects at least lower and lateral peripheries of the mouthpiece body, wherein heating continues until the thermoplastic material has
- 20 softened;
- inserting the mouthpiece into the mouth of a person so that the mouthpiece is substantially aligned with the person's dental arch;
- imprinting the person's teeth along a surface of the mouthpiece body not protected by the mold by biting down on the mouthpiece;
- 25 extracting the mouthpiece from the person's mouth after imprinting, and removing the mold from the mouthpiece body after the mouthpiece body has cooled so as to reduce its plasticity;
- wearing the mouthpiece body in the person's mouth during sleep, wherein the mouthpiece body is substantially aligned with the
- 30 person's dental arch and held between the teeth so that the person's

lips are supported by the anterior end of the mouthpiece body to allow the person to breathe through the opening in the anterior end of the mouthpiece body.

- 5 8. A method of reducing snoring during sleep, the method comprising:
 heating a mouthpiece having a body of a thermoplastic material
 having a shape generally complementary to the person's dental arch,
 including an anterior end having an airway opening therethrough, the
10 anterior end being sufficient to support the person's lips spaced apart
 so that air flows through the airway opening, and having a substantially
 rigid, removable protective mold of a thermostable material removably
 engaged with the mouthpiece body so that the mold protects at least
 portions of a lower surface of the mouthpiece body;
 imprinting the person's teeth along a surface of the mouthpiece
15 body not protected by the protective mold;
 removing the protective mold from the mouthpiece body after the
 mouthpiece body has cooled;
 wearing the mouthpiece body properly aligned with the dental
 arch in the person's mouth during sleep.
- 20 9. A mouthpiece for use by a person during sleep to aid in reducing
 snoring, said mouthpiece comprising:
 a mouthpiece body of a thermoplastic material having a shape
 generally complementary to the person's dental arch, including a
25 posterior end having two spaced apart members positioned toward the
 back of the person's dental arch when properly worn, and an anterior
 end having an airway opening therethrough, the anterior end positioned
 when properly worn to support the person's lips spaced apart so that air
 flows through the airway opening; and

a substantially rigid, protective mold of a thermostable material, said protective mold forming a portion of said mouthpiece body so that the mold protects at least a periphery of the mouthpiece body.

5 10. The mouthpiece of claim 9, wherein said mouthpiece body and said mold comprise a single non-separable piece.

11. The mouthpiece of claim 9, further comprising a removable plug inserted in the airway opening and protruding therefrom.

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12. The mouthpiece of Claim 9, wherein said mouthpiece body has a lower surface and an upper surface spaced apart therefrom at an angle which increases from the posterior end to the anterior end of said body.

15 13. A mouthpiece for use by a person during sleep to aid in reducing snoring, said mouthpiece comprising:

20 a mouthpiece body of a thermoplastic material having a shape generally complementary to the person's dental arch, including a posterior end having two spaced apart members positioned toward the back of the person's dental arch when properly worn, and an anterior end, the anterior end positioned when properly worn to support the person's lips spaced apart so that air flows through the airway opening;

25 an airway comprising a hollow member projecting outwardly from said anterior end, said hollow member having an airway opening therethrough; and

 a substantially rigid, protective mold of a thermostable material, said protective mold forming a portion of said mouthpiece body so that the mold protects at least a periphery of the mouthpiece body.

14. The mouthpiece of claim 13, wherein said mouthpiece body and said mold comprise a single non-separable piece.

15. The mouthpiece of claim 13, further comprising a removable plug
5 inserted in the airway opening and protruding therefrom.

16. The mouthpiece of Claim 13, wherein said mouthpiece body has a lower surface and an upper surface spaced apart therefrom at an angle which increases from the posterior end to the anterior end of said body.

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17. A method of reducing snoring during sleep, the method comprising:

heating a mouthpiece body of a thermoplastic material having a shape generally complementary to the person's dental arch, including a posterior end having two spaced apart members positioned toward the
15 back of the person's dental arch when properly worn, and an anterior end having an opening therethrough, the anterior end positioned when properly worn to support the person's lips spaced apart so that air flows through the opening, and having a substantially rigid protective mold of a thermostable material, said protective mold forming a portion of said
20 mouthpiece body so that the mold protects at least a periphery of the mouthpiece body, wherein heating continues until the thermoplastic material has softened;

inserting the mouthpiece into the mouth of a person so that the mouthpiece is substantially aligned with the person's dental arch;

25 imprinting the person's teeth along a surface of the mouthpiece body not protected by the mold by biting down on the mouthpiece;

allowing the mouthpiece to cool so as to reduce its plasticity; and
wearing the mouthpiece body in the person's mouth during
sleep, wherein the mouthpiece body is substantially aligned with the
30 person's dental arch and held between the teeth so that the person's

lips are supported by the anterior end of the mouthpiece body to allow the person to breathe through the opening in the anterior end of the mouthpiece body.

- 5 18. A method for a person to reduce snoring during sleep, the method comprising breathing at least partially through the mouth during sleep by positioning in the mouth of the person a mouthpiece having a body of a thermoplastic material shaped generally complementary to the person's dental arch, the mouthpiece body including an anterior end having an airway opening
10 therethrough, the anterior end of the mouthpiece body being sufficient to support the person's lips spaced apart so that air flows through the airway opening during breathing , and the mouthpiece body further having a substantially rigid protective mold of a thermostable material forming a portion of the mouthpiece body so that the mold protects at least a periphery of the
15 mouthpiece body, wherein an outer surface of the body of the mouthpiece not protected by the mold bears an imprint of the person's adjacent dental arch to therein engage the person's teeth.